



## Thank You for Your Support!



PHOTO BY SHARI CAMPBELL

The Cascade Medical Foundation hosted Jive Time in the Cascades in October, a new and successful event that drew nearly 120 attendees and helped raise more than \$8,000.

By: SHARI CAMPBELL

### Cascade Medical Foundation

The headline of this article says it all. Yet it doesn't say enough.

Over the last year, the Cascade Medical Foundation has raised nearly \$90,000. It's not the fundraising that's most important – even though we couldn't have completed our work without those funds.

But what's most important is how our community has rallied together, written checks, donated goods and services, hosted events, all in the name of supporting Cascade Medical Foundation and

our benefactor, Cascade Medical.

Thanks to you, we purchased:

- 21 Automated External Defibrillators (AEDs), to replace and augment the AEDs already in our community. These small devices, complete with audio instruction, are easy for anyone to use and can help save the life of a person experiencing a heart attack or cardiac event.
- Three Electric Mountain Bikes, which help our EMS providers more quickly reach and stabilize injured hikers on the trails surrounding us. The bikes can also be utilized

when the downtown core is crowded, and ambulance entry isn't ideal.

- Two Holter heart monitors, for remotely monitoring a patient's heart and helping physicians diagnose potential heart problems.
- One Stryker LifePak Monitor/Defibrillator. This sturdy, portable unit monitors vital heart and other functions, and its Wi-Fi capabilities send information to hospitals to better prepare for the next phase of care.

On the eve of Thanksgiving, we'd like to extend a heartfelt thank

you to the many businesses and organizations who supported our work.

We're thankful to the restaurants from Lake Wenatchee and Leavenworth to Coles Corner – and a winery in Plain – for hosting Benevolent Nights, where proceeds from diners (and winners!) were donated back to the Foundation. That added up to more than \$20,000.

We're thankful to the many golf tournament sponsors and the more than 100 golfers who helped us raise over \$40,000. Together, you were more generous than ever,

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## Commissioners to appoint Blackmon as Chelan County District Court judge

SUBMITTED BY JILL FITZSIMMONS

### Chelan County Public Information Officer

WENATCHEE – Allen Blackmon, a 26-year veteran of the Chelan County Prosecutor's Office, has accepted a judge's appointment to the Chelan County District Court.

Chelan County commissioners officially appointed Blackmon, a deputy prosecuting attorney, to position No. 2 of District Court on Nov. 21, when the Board of County Commissioners passed a resolution making the appointment. He will begin serving on the District Court bench in early December.

On Nov. 21, commissioners interviewed three finalists for the judge's position, currently held by Judge Kyle Mott. Commissioner Bob Bugert said Blackmon stood out among the candidates interviewed.

"Allen not only has a broad depth and breadth of experience

and understanding of the law but he also has the temperament to be an effective and respected District Court judge," Bugert said. "We are lucky to have had several highly qualified candidates to consider for the open position. Allen stood out because of his commitment to helping people experiencing mental health or substance abuse issues. He has great compassion for people."

Raised in Wenatchee, Blackmon has represented the state and Chelan County in all levels of local courts, including appellate courts. For the last 16 years, he has served as a deputy prosecutor in District Court. Blackmon also serves on numerous mental health and substance abuse disorder committees and groups and helped create the Mental Health Diversion program in

Chelan County District Court.

"I plan to expand on the mental health work I have been able to accomplish and will continue to seek better ways of addressing the mental health crisis in the local courts," said Blackmon, who will serve for a year and then can run for election in November 2023.

Blackmon will replace Judge Mott, who announced in October he would be stepping down. Mott, who was running uncontested in the November general election, has accepted a position at a local law firm.

Blackmon and private attorney Jon Volyn also faced off in the current election for Seat 1 on District Court. While the election will not be certified until Nov. 29, it appears Volyn has won position No. 1.

"It was a lot of work to get here, not only coming out of the election but also over the span of my career,"

Blackmon said. "This court can be confident that I will serve the bench and our community with respect, honor and justice in a neutral and fair manner."



SUBMITTED PHOTO.

Judge Allen Blackmon

## Leavenworth City Council approves funding for PRSA Pool Feasibility Study

By CHRISTIE VOOS

### Communications Analyst

On November 8, 2022, at a regularly scheduled City Council meeting, Councilmembers unanimously voted to approve a funding request from the Upper Valley Park and Recreation Service Area (PRSA) in the amount of \$69,820 for a Pool Feasibility Study.

A feasibility study was the next step for the PRSA after last year's Recreational Needs Assessment, which was completed in September 2021. The goal of the needs assessment was to give the PRSA a better understanding of what our community's recreational needs are today and to prepare for long-term recreational planning. The assessment included numerous community engagement activities and a statistically valid community survey. Through all the activities and the survey, the community gave consistent feedback pointing to a very tangible need: a year-round pool with improved access and services.

Earlier this summer, the PRSA published a Request for Qualifications for a feasibility study. Five responses were received and reviewed, and after interviews, NAC Architecture was deemed the most qualified and was selected to conduct the study. With the help of subcontractors that specialize in aquatic centers and cost estimating, NAC Architecture will be designing two options with cost estimates that would give the community year-round swimming opportunities.

At a site visit on November 16, representatives from NAC Architecture and Water Technology, Inc., met with stakeholders from the PRSA, City Council, and City/Pool Staff. During the site visit, which officially kicks off the project, the consultants evaluated the condition of the pool, equipment, building, and layout. They also asked about how the pool is currently used – what works well, what doesn't work well, and what the current operational and maintenance challenges are.

One key consideration is long-term maintenance. For example, the current pool tank (the shell that holds the water) has a finish that requires attention at least every two years if not every year, which can be costly. Today, pools are designed differently than they were twenty years ago when the current pool was built. Better materials and a more efficient design could decrease the annual maintenance cost significantly, which would lessen the operational cost burden.

Another consideration in a future design is limiting emergency closures, if possible. For example, figuring out if it's feasible to create two separate pools and water filtration systems so that if there's another fecal incident the pool can continue to operate, closing just one area instead of the entire pool. (Yes, this is honestly a

CONTINUED TO PAGE A2

**Wishing you all the happiest of holiday seasons!**

Our office will be closed Thurs., Nov. 24 & Fri., Nov. 25 so our staff can enjoy the Thanksgiving Day Holiday with their families

Advertising Deadlines for Nov. 30

Noon, Wed., Nov. 23 for Display Advertising

Noon, Wed., Nov. 23 for Classifieds/Legals  
e-mail copy to:  
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Happy Thanksgiving!

### Inside The ECHO this week

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## A Note from the Publisher

### Dear Community,

It now has been a year since Owner and Publisher Bill Forhan passed away. Though we had a beautiful memorial service last December, the snow was just too much for very many to travel. My family and I still received many cards, donations, and love from you all. Since it is now close to Thanksgiving, and what would have been our 53rd wedding anniversary, I wanted to let you know what great, supportive communities we have. Thank you again for your help in getting me through this past year. Thank you to my great staff and volunteers

in Leavenworth, Cashmere, Chelan, and Brewster who continue to really step up to get our monthly Wenatchee Business Journal and our weekly newspapers done. To my correspondent writers and others who stepped up to write local articles to keep us informed about what we are doing in our communities. A big thank you to my church family, St. James Episcopal in Cashmere who have blessed me with their continued support and love. To the Leavenworth Rotarians who blessed me in so many ways, food delivery, cards, cleaning my driveway and roof during the snowmageddon we had

last year. Cleaning my yard full of leaves and broken tree branches, going to recycling and the dump, multiple times. Help to deliver the newspapers! My wonderful neighbors who were also there with snowplowing and food. My PEO Chapter JF sisters for the many cards, donations, food, and lots of hugs. I just cannot name everything and everyone that I have been so blessed with, but you know who you are. My family, staff and I wish you all the best for the upcoming Thanksgiving and holidays.

**Carol Forhan,**  
NCW Media, Inc. owner and publisher



## City Council

CONTINUED FROM PAGE A1

debate in the pool world, with many pros and cons! It's also something the City/Pool staff have been working on options for, and some of the "fixes" would take larger equipment or operational changes).

Perhaps the biggest question is not the cost, but the difference between costs – cost to renovate vs. cost to build new. All these questions, and the need for answers, is precisely why a

feasibility study is the next step to determine the path forward for year-round swimming in Leavenworth.

One thing that is not in question is this: The community and the PRSA taxpayers will be involved in the process and ultimately, the decision to move forward with a preferred design. The PRSA Board, which includes Councilmembers Jason Lundgren and Marco Aurilio, and City staff, were adamant that the options, costs, and tradeoffs must be communicated, and a two-way

conversation line must be kept open to the community and taxpayers throughout the process.

Expect to see a 'Pool Feasibility Study' table at the next Community Engagement Night on January 31, a survey, and other outreach efforts as the PRSA works on providing an amenity that the community so clearly said was needed.

*For questions about this article, please contact Christie Voos at media@cityofleavenworth.com.*

## AVHRA Employment Law Summit

SUBMITTED BY ROBIN FOWLER

Join us December 8 for Apple Valley Human Resources 2022 Employment Law Summit. Below are session details from the upcoming event.

Managing mental illness at work - speaker Kara Craig

Kara Craig is an Employment Attorney at Vigilant Law Group. She provides strategic day-to-day advice and counsel to Washington and Oregon employers on the entire range of employment and labor law issues. She also drafts workplace policies and employment agreements, represents companies in federal and state enforcement agency investigations, develops learning curricula and speaks publicly about the entire range of employment law issues.

As 2022 ends, and the aftermath of COVID-19 lingers, mental health is one of the biggest challenges facing employees and their employers. Unlike physical injuries, mental illness can show up as

subtle, erratic behavior that is easy to miss or dismiss until it becomes unhealthy or even dangerous. These challenges are amplified at work, where employers have a duty to protect employees, but to also avoid discrimination.

After attending this training, participants will be able to:

- Capture the attention and buy-in of management regarding the liability and impact of mental health issues at work.
- Identify the signs of a mental health issue, including behavior, appearance, and comments from others.
- Ask mental health questions that are narrow, purposeful, and legal; Apply a checklist approach to a fluid and meaningful interactive process.
- Examine complex, real-life mental health issues using the best practices provided and the most effective agency resources available today.

2023 Employment Law

Update - by speaker Erin McCool

Erin McCool, is an attorney at Ogden Murphy Wallace and her law practice emphasizes general litigation, employment & labor law and land use & water law. During this year's Employment Law Summit, Erin will review upcoming changes listed below and answer questions on how these changes will impact your business.

- Overview of significant legislation introduced in the 2022 legislative session.
- Highlight what bills are on the horizon in the 2023 session.
- Pay Transparency Impact of the Dobbs decision.
- What HR can expect in 2023.



## Three men arrested for possession of Fentanyl, other drugs

SUBMITTED BY COMMANDER CHRIS FOREMAN

*Columbia River Drug Task Force*

**Wenatchee** - On Nov. 1, Matthew D. Hendricks, a 29-year-old resident of East Wenatchee, was observed by Columbia River Drug Task Force (CRDTF) Detectives in Rock Island. Hendricks had a DOC Escape warrant out for his arrest at the time. CRDTF Detectives had gathered intelligence from numerous sources that Hendricks was dealing Fentanyl pills. Hendricks drove his motorcycle from Rock Island to a body shop in the 400 block of Rock Island Road. He was contacted by Detectives once he arrived at the location. When contacted, Hendricks fled into the nearby body shop and hid behind a vehicle inside the shop. Hendricks was arrested and found in possession of nearly 1,000 Fentanyl pills and close to an ounce of methamphetamine. Hendricks had over \$2,500 cash on his person. Hendricks was arrested and a search warrant on his phone was served which revealed evidence of drug dealing. Hendricks' cash


and motorcycle were seized. Hendricks was arrested for possession with intent to deliver Methamphetamine and Fentanyl as well as resisting arrest.

On Nov. 9, CRDTF Detectives had been surveilling Casey C. McKinstry, a 32-year-old resident of Rock Island, due to information gathered that McKinstry was dealing Fentanyl. Detectives interrupted a drug deal after seeing a hand-to-hand transaction at the Evergreen Smoke Shop parking lot. McKinstry was arrested for possession with intent to deliver Fentanyl, Heroin and Methamphetamine. The buyer, Christopher R. Dexter, a 30-year-old resident of East Wenatchee, was also arrested for leaving two young children unattended in his running vehicle while he was purchasing drugs from McKinstry. Child Protective Services was called and notified of the situation and the children were placed in temporary protective custody. Both subjects admitted a drug deal was occurring when the CRDTF Detectives contacted them. McKinstry had approximately \$4,800 cash, approximately

400 Fentanyl pills, about a gram of Heroin, and about gram of Methamphetamine in his possession. The cash and McKinstry's vehicle were seized. McKinstry was out on bail at the time of his arrest and has a pending case out of Douglas County for firearms possession and possession with intent. McKinstry was booked into the Chelan County Regional Justice Center. It should be noted that under the current state law for drug possession that CRDTF Detectives only course of action is to issue Dexter a drug referral for his part in the drug transaction.

Both subjects are currently housed at the Chelan County Regional Justice Center.

The Columbia River Drug Task Force is committed to targeting Fentanyl drug dealers in the Wenatchee Valley. There have been too many lives lost and countless lives affected by this poison being distributed in our community. CRDTF is committed to working with our Federal partners as well as the Chelan and Douglas Prosecutor's office to hold these drug dealers accountable to the highest extent of the law.



Check out our  
online classifieds at  
**NCWMARKET.COM**

## High school students invited to submit invasive species art to adorn new trailer

**Contest runs through Dec. 30**

SUBMITTED BY WASHINGTON INVASIVE SPECIES COUNCIL

**OLYMPIA**-The Washington Invasive Species Council (WISC) and Washington Department of Fish and Wildlife (WDFW) invite high school-age digital artists to participate in an art contest that will help spread the word about not spreading invasive species.

Invasive species are plants, animals, and other organisms that don't naturally live in Washington and, when brought here, can cause economic and environmental harm. Invasive species can outcompete native species for food and habitat and may even eat native species. Once established, they can proliferate and cost a lot of money to control, as well as negatively impact utility, agriculture, and tourism industries. The winning art from this contest will adorn WDFW's new trailer that travels around Washington State and the Northwest to bring attention to invasive

species and their spread. It will also include images of WDFW's invasive mussel-sniffing dogs Puddles and Fin (right).

"Staff from both WDFW and WISC travel to many communities to educate people about the dangers of spreading these species from one area to another," said Justin Bush, executive coordinator of WISC. "This trailer will allow them to do that more effectively and bring attention to the issue with its eye-catching art." The art contest runs now through Dec. 30. Submissions are required to be in a digital art format, such as graphic designs, photographs, illustrations, cartoons, digital paintings and more. Submissions must include pictures or information on one or more species that could be, or has been, introduced into our region, such as quagga and zebra mussels, European green crabs, Eurasian watermilfoil, northern pike, Mud snails and more.

"Those are some of the invasive species of most concern that can be introduced or spread, but there are many

others," said Allen Pleus, WDFW's aquatic invasive species unit manager. "We have worked hard to prevent impacts from these species and are happy to have an additional tool, the trailer, to bring our message to the public."

In addition to having the design made into a trailer wrap, the winner will receive a \$500 Amazon gift card. A second-place winner will receive a \$300 Amazon gift card. Entries will be displayed on the WISC and WDFW websites: <https://invasivespecies.wa.gov/> <https://event/art-contest/> or <https://wdfw.wa.gov/get-involved/educational-resources/invasive-species/art-contest>

*For more information on invasive species in Washington, visit the WISC website. WDFW works to preserve, protect, and perpetuate fish, wildlife and ecosystems while providing sustainable fish and wildlife recreational and commercial opportunities.*

## Registration now open for Energy Department's National Science Bowl®

**National Finals to be held on 2023**

SUBMITTED BY U.S. DEPARTMENT OF ENERGY

**Washington, D.C.** - Registration is open for the 33rd National Science Bowl (NSB), hosted by the U.S. Department of Energy (DOE) Office of Science. Thousands of students compete in the contest annually as it has grown into one of the largest academic math and science competitions in the country.

Teams of students - four or five students and a teacher who serves as a coach - can sign up to participate in the NSB by registering with the coordinator for their regional competition. Details can be found on the NSB registration page. The competition is divided into two categories: high school and middle school. Regional competitions

typically last one or two days and take place throughout the country between January and March.

During the competitions, students participate in a fast-paced verbal forum to solve technical problems and answer questions in all branches of science and math. To prepare, teams can use sample questions from the NSB website.

The winning team from each qualifying regional competition will be eligible to compete in the National Finals held in Washington, D.C., from April 27 to May 1, 2023, with all expenses paid. The national event consists of several days of science activities and sightseeing, along with competitions.

"I am proud to announce the start of this year's National Science Bowl® competitions," said Asmeret Asefaw Berhe, DOE Office of Science Director. "Every year this remarkable event brings together students

across America who have a passion for science and learning. Good luck to all the competitors; you are the innovators, scientists, and leaders of our future."

The top two middle and high school teams will win \$5000 for their schools' math and science departments. Other schools placing in the top 16 in the National Finals will win \$1,000 for their schools' science departments.

Approximately 335,000 students have participated in the National Science Bowl® in its 32-year history. Each year, more than 14,000 students compete in the NSB.

*The U.S. Department of Energy Office of Science manages the National Science Bowl® and sponsors the NSB finals competition. More information is available on the NSB website: <https://science.osti.gov/wdts/nsb>.*



APPLE VALLEY HUMAN RESOURCE ASSOCIATION

## EMPLOYMENT LAW SUMMIT 2022

DECEMBER 8, 2022

The waters appear to be calming a bit, but life is different than what it was prior to COVID. With the ever changing laws, regulations and restrictions, 2023 will continue to bring change. Join, either in-person or via Zoom, to hear how best to meet 2023's changes head on. **PLUS - the AVHRA Auction is back!!!!** In addition to some great auction items, AVHRA will be giving away one annual SHRM membership!

### SCHEDULE OF EVENTS

- **7:30-8:30 am:** Breakfast Served
- **8:30-10:00 am:** Managing Mental Illness at Work; Kara Craig from *Vigilant Law Group*
- **10:00-10:15:** Break/In Person Silent Auction
- **10:15-Noon:** 2023 Employment Law Update; Erin McCool from *Ogden Murphy Wallace*

### SESSION DETAILS

- **Date:** Thursday, December 8, 2022
- **Time:** 7:30am-Noon
- **Location:** Wenatchee Convention Center or Zoom
- **Cost:** \$50 SHRM/\$65 non-SHRM
- **Register on Eventbrite:** #388712177587

[HTTP://AVHRA.SHRM.ORG](http://AVHRA.SHRM.ORG)



## COMMUNITY BULLETIN BOARD

Local, Regional Community News & Events

- Any non-profit 501(c)-(3) group, person(s).
- Must provide: full name, city, phone number.
- Items pertaining to local events that are free or minimum charge.

- Want to place Your Community News Online? Go to NCWMARKET.COM 24/7
- Garage and Yard Sale Ads are paid events, please email: classifieds@leavenworthecho.com or place online at NCWMARKET.COM
- For info call: Leavenworth: 509-548-5286, email: reporter@leavenworthecho.com
- Cashmere: 509-782-3781, email: reporter@leavenworthecho.com

## THE LEAVENWORTH ECHO

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Legal Notices: Noon, Friday  
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### Letters policy

The Leavenworth Echo welcomes letters to the editor. All letters must be accompanied by the author's name, a home address and a day-time phone number (for verification purposes only). Letters may be edited for length, clarity, accuracy and fairness. No letter will be published without the author's name. Thank you letters will only be printed from non-profit organizations and events. We will not publish lists of businesses, or lists of individual names. Email your letters to Publisher@leavenworthecho.com or Reporter@leavenworthecho.com

### Corrections

The Leavenworth Echo regrets any errors. If you see an error, please call 509-548-5286. We will publish a correction on this page in the next issue.

**Contact the listed organizations or events for updates.**

## COMMUNITY CALENDAR

### Wednesday

**Children and Youth Program, 6:30-8 p.m., 4th-12th grade, Leavenworth Church of the Nazarene, 509-548-5292.**  
**Alpine Water District: meets at the Lake Wenatchee Fire and Rescue, 1 p.m. Contact Anne Mueller, 425-238-3935.**

### Thursday

**Leavenworth Chamber of Commerce, 8 a.m. Call Chamber, 509-548-5807. Everyone is invited to attend as a guest. Email Troy@leavenworth.org for meeting information. (1st & 3rd Thurs.)**  
**Leavenworth Lions Club, For more info. email President Anita Wilkie at leavenworthlionsclubwa@gmail.com**  
**Peshastin Community Council meeting, 7 p.m. Peshastin Memorial Hall. (2nd Thurs.)**  
**The Wenatchee Valley Doll Club, 11:30 a.m. Call Yvonne, 509-663-7991. (2nd Thurs.)**  
**Caregiver Support Group, 2-3:30 p.m. For Caregivers of those with Memory Loss. The Henry Building, 120 Cottage Ave. Cashmere. Contact Carmen Gamble, 509-393-0789. (1st & 3rd Thurs.)**

### Friday

**Veteran Service Office: For information contact Tony Sandoval, 509-664-6801 or email: Tony.Sandoval@co.chelan.wa.us**  
**Leavenworth Rotary Club, In person at Kristalls at Noon, email wardenmike@yahoo.com or call 509-238-3925 for more information.**

### Saturday

**Old favorites music at the Leavenworth Senior Center, 423 Evans St. No cover charge, 1-3 p.m. Call Steve, 509-548-7048. (2nd and 4th Saturdays).**

### Monday

**Upper Valley Free Clinic, open every Monday to evaluate urgent health needs. Downstairs at Cascade Medical, 6:30-8:00 p.m. Call Terri 509-393-8271 for more information.**  
**Cascade School board meetings, 7 p.m., Agenda can be found at https://www.cascadesd.org/Page/166. (2nd & 4th Mon.)**  
**Chelan Douglas Republican Women, Meetings now at Highlander Golf Club, 2920 Eighth St. S. E. East Wenatchee. Please, RSVP if you want to have lunch. Cost for lunch is \$18; Cost for meeting with beverage and dessert only \$8 (no outside food please). Check-in begins at 11 a.m., and the meeting will begin at Noon. Call Ellie: 425-319-9869. (1st Mon., monthly).**

### Tuesday

**Peshastin Water District, 5:30 p.m. For meeting location, contact Steve Keene, 509-548-5266. (2nd Tues.)**  
**Icicle & Peshastin Irrigation Districts Meeting Current meeting time 8 a.m. at 5594 Wescott Drive. Call Tony Jantzer, cell, 509-433-4064, or 509-782-2561 or tony.iid.pid@nwi.net, (2nd Tues.)**  
**Cascade Medical Board Meeting, 9 a.m. Call Cascade Medical, 509-548-5815. (4th Tues.)**  
**Cascade Education Foundation. Contact: CEF@cascade.org**  
**LWSC Alpine Committee, 7 p.m., Ski Hill Lodge. Call 509-548-5477. (1st Tues.)**  
**Leavenworth Masons, 7:30 a.m., Zarthan Lodge No. 148, Leavenworth Senior Center upstairs. www.leavenworthmasons.org. (1st Tues.)**  
**Cascade Garden Club, 1 p.m., at a member's home or other venue. Call President Claudia, 509-662-7706. (3rd Tues.)**  
**The Chelan County Cemetery District #2 (Peshastin) meets monthly at 6 p.m., at the Memorial Hall, located at 10204 Main Street. (2nd Tues.)**

### NCW Libraries

Libraries will continue to offer a wide variety of resources and programs online at ncwlibraries.org and its Facebook page. Go to NCWLIBRARIES.ORG or 1-800-426-READ (7323) for more information, and updates.  
**Leavenworth Public Library.** Located at 700 Hwy. 2, Call 509-548-7923 or online Leavenworth@ncwlibraries.org Open on Tues., 10-5, Wed., 11-7, Thurs., 10-7, Fri., 10-5 Sat., 10-2. Closed Sun. and Mon.  
**Peshastin Public Library.** Located at 8396 Main St., Peshastin. Call: 509-548-7821 or Peshastin@ncwlibraries.org Open Tues., 10-1:30; and 2:30-7, Wed., 10-2, and 2:30-7, Thurs., and Fri., 1-5:30 and Sat., 10:00-2:00. Closed Sun. and Mon.

### Other events

**The Greater Leavenworth Museum, formerly known as the Upper Valley Museum, is open Fridays, Saturdays, and Sundays from 11 a.m. to 4 p.m. Check their Facebook page or website at www.leavenworthmuseum.org for updates and information.**  
**Leavenworth Fish Hatchery, 509-548-7641. Trails and grounds are open every day to the public. Please park outside the gate. All animals must be on a leash.**  
**Note: Some meetings or events may be rescheduled due to holidays or other closures. Please call and check with that organization listed.**  
Please note that if your organization changes dates, or hours please send us your updates to reporter@leavenworthecho.com or call 509-548-5286. Otherwise we are not responsible for any misinformation.

## MEETING SCHEDULES FOR AA, ALANON, CELEBRATE RECOVERY

**AA Meetings:**  
Call for the Zoom link to Leavenworth AA meetings: 541-480-8946  
Call for the Zoom link to Leavenworth AlAnon meetings: 509-548-7939  
509-548-1627, 548-4522, 664-6469, 206-719-3379  
Sunday 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Tuesday, 7 p.m., Light in the Valley, 8455 Main Street, Peshastin  
Wednesday, 7 p.m., Leavenworth Senior Center, 423 Evans St.  
Thursday, 1 p.m., Leavenworth Senior Center, 423 Evans St.  
Friday, 7 p.m., St. James Episcopal Church, 222 Cottage Ave.  
**Alanon Meetings, call 509-548-7939**  
Monday, 7 p.m., United Methodist Church, 418 Evans St.  
**Renewed Celebrate Recovery, Every Tuesday at 6:30 p.m. at Leavenworth Church of the Nazarene. 111 Ski Hill Drive. Come experience God's grace for all of life's hurts, habits and hang-ups. For more information: CelebrateRecoveryLCN@gmail.com or 509- 596-1510.**

## Leavenworth

### Christmas Craft Bazaar

Join us for a fun day filled with lots of holiday crafts made by local crafters! November 26 at Alpine Lakes Elementary School from 10 a.m. to 4 p.m. The Christmas Craft Bazaar is located at the school at 500 Pine Street, in Leavenworth.

### Fowl Play 5K Thanksgiving morning

Registration at 8:30, Race at 9 a.m. Online Registration at Eventbrite, look for Fowl Play 5K https://www.eventbrite.com/e/fowl-play-5k-tickets-424341114697 Starts/Ends at the Gazebo, \$15 Adults-\$10 K-12 and proceeds go to the CHS Tennis Team and Upper Valley MEND

This event has been held since 2014. We started with 50 participants and had 250 in 2021. There are runners from adults to children, strollers, and dogs, some even in costume.

### Ponderosa Youth Theatre presents The Grinch

A Teacher Pays Teachers play. Join us for one of our three performances beginning Thursday, December 1, 6:30 p.m., Friday, December 2, 6:30 p.m. and Saturday, December 3, 2 p.m.

The show will be held in Lake Wenatchee at Stonewater Gym, 19537 Chiwawa Loop Road. Please reserve a seat at, https://PYT-thegrinch.eventbrite.com. Tickets will be \$5 per person cash donation at the door. Refreshments will be available following the performance. For questions, please contact ponderosayouththeatre@gmail.com for assistance and/or reserving a seat.

### David Haire Art Show

Will be at the Leavenworth Library on November 22-December 30. Growing up in Leavenworth, David spent a lot of time drawing instead of

schoolwork. During college and after he tried many other jobs, but finally landed back to drawing. He now works as an independent illustrator. Stop by the Fireside Room in the Leavenworth Library to see the art of local David Haire.

## Cashmere

### Addresses wanted for those who are deployed

The Cashmere American Legion Auxiliary #64 is looking for addresses of deployed soldiers to send holiday care boxes. If anyone has a loved one deployed or knows of one who would appreciate a care package from home and would like to share their address, please leave at the Cashmere Post Office, or call Linda Ingraham, 509-679-0243. A collection box for donations of snack and personal items will be at the post office through the first week in December.

## Sheriff/Fire/EMS

The sheriff's report is compiled from public records as provided by the Chelan County Sheriff's Office. The publisher cannot certify the complete accuracy of the information provided.

<p><b>Nov. 11</b></p> <p>02:07 Alarm, 932 Front St., Starbucks</p> <p>07:46 Non-injury Accident, Ski Hill Dr., and US Hwy. 2</p> <p>09:38 Runaway, 7600 US Hwy. 97, Peshastin</p> <p>10:19 Theft, 7600 US Hwy. 97, Peshastin</p> <p>12:01 Animal Problem, 24610 Spur St., Plain</p> <p>17:08 Injury Accident, 5438 Derby Canyon Rd., Peshastin</p> <p>19:32 911-call, 690 US Hwy. 2, Linderhof Motel</p> <p>20:57 911-call, 16299 River Rd., Plain</p> <p>22:31 Unknown-injury Accident, 118 W. Whitman St.</p> <p>22:32 Suspicious Circumstance, 280 US Hwy. 2, Kristall's</p> <p>23:47 Domestic Disturbance, 10144 Main St., Peshastin</p>	<p>18:37 Fireworks, US Hwy. 2, and Main St., Peshastin</p> <p>19:27 Sex Offense, Leavenworth</p> <p>23:39 Agency Assist, 810 US Hwy. 2, Bavarian Lodge</p> <p><b>Nov. 13</b></p> <p>01:18 Theft, 213 9th St., Post Office Saloon</p> <p>01:19 Fireworks, Leavenworth</p> <p>14:59 Runaway, 12393 Bretz Rd., Plain</p> <p>20:59 Trespassing, 633 Front St., Yodelin</p> <p>21:05 Trespassing, 843 Front St., The Loft Bar</p> <p><b>Nov. 14</b></p> <p>13:52 Trespassing, 116 River Bend Dr., Safeway</p> <p>15:04 Traffic Offense, 817 Commercial St.</p> <p>18:56 Agency Assist, 18045 N. Shore Dr., Lake Wenatchee</p> <p><b>Nov. 15</b></p> <p>07:59 Parking/ Abandoned Vehicle, 200 block Peshastin, Mill Rd.</p> <p>10:41 911-call, 100 Enchantment Park Way</p> <p>11:42 Fraud/ Forgery 330 Prospect St.</p> <p>12:59 Suspicious Circumstance,</p>	<p>301 Ward Strasse, Hampton Inn &amp; Suites</p> <p>16:36 Vehicle Prowl, 213 Park Ave.</p> <p>20:52 Domestic Disturbance, 1326 Commercial St.</p> <p><b>Nov. 16</b></p> <p>12:13 Alarm, 10065 Merry Canyon Rd.</p> <p>13:44 Attempt to Locate/ Contact, 12795 Ranger Rd.</p> <p>14:21 Malignous Mischief, 204 River St.</p> <p>15:25 Property, 820 Front St., Gazebo Park</p> <p>18:15 911-call, 10195 Titus Rd., Icicle River Middle School</p> <p><b>Nov. 17.</b></p> <p>00:20 Alarm, 11756 US Hwy. 2, Jerry's Auto Supply</p> <p>07:56 Court Order Violation, 10190 Chumstick Hwy.</p> <p>08:53 Animal Problem, Commercial and 14th Streets</p> <p>15:02 Parking/ Abandoned Vehicle, 3567 Hansel Ln., Peshastin</p> <p>23:21 Welfare Check, 10144 Main St., Peshastin</p> <p>23:25 Animal Problem, 321 9th St., Loge</p> <p>23:27 Harassment/ Threat, 133 Mill St.</p>
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## Cascade Medical

CONTINUED FROM PAGE A1

spending freely to support our outstanding local hospital.

We're thankful to the 24 businesses and 90+ participants in our Charm Walk. We spotted friends and families around town, excitedly picking up charms, supporting the businesses who support us and, all in all, having a great time along the way.

We're thankful to the dozen businesses who proudly hung Think Pink signs in their shop windows during National Breast Cancer Month in October and raised awareness and funds to support FREE mammograms at Cascade Medical. While some businesses made a donation to this worthwhile cause, others created special products and donated proceeds from the purchases of those products to the Foundation.

We're thankful for the partnership with The Icicle Creek Center for the Arts, whose outstanding staff and beautiful facilities played host to our first Jive Time in the

Cascades big band concert. We were a tad nervous about this first-time event, but judging by the nearly 120 people who attended, danced, and swung to the sounds of the Wenatchee Big Band, a second concert is now a must. Jive Time also raised more than \$8,000 – and brought our community together in a magical way.

We're thankful to The Echo, for generously sharing the pages of their local publication and helping us share news about our events and work.

We're thankful to Cascade Medical, an outstanding rural hospital with even more outstanding leadership, doctors and caregivers. Nearly everybody you talk to around here has "a story" about how Cascade Medical has helped a loved one, friend or neighbor.

Renowned poet Maya Angelou famously once said, "I've learned people will forget what you said. People will forget what you did. But people will never forget how you made them feel." And the people at Cascade Medical

genuinely work to provide high-quality care and to make sure every patient feels respected.

And, finally, we're thankful to announce a new fundraising campaign for 2023! We've set an ambitious goal to raise funds for a Cardiac Rehab Program. This campaign will cover the cost of much-needed equipment, training, education and program certification for Cascade Medical. Importantly, it will allow upper valley residents who've suffered a heart attack, had open heart surgery, valve replacement or repair and other related heart problems to get their care close to home. You'll hear more about this effort in the new year – and we hope we can count on you once again to support this important project.

So, goodbye (almost) to 2022. And to you, the residents of Plain, Leavenworth, Cole's Corner and all the areas served by Cascade Medical, we hope your holidays are filled with joy, happiness, and the gift of good health. And for that, we're thankful!

- **Downtown Steering Committee, 10:00 a.m. (4th Tues)**
- **Housing Committee, 3:30 p.m. (4th Tues)**
- **Public Safety Committee, 4:30 p.m. (4th Tues)**
- **Finance Committee, 5:15 p.m. (4th Tues)**
- **ALL are at City Hall in the Conference Room (2nd Floor) and via zoom.**
- **City Council Evening Meeting, 6:30 pm (2nd & 4th Tues)**
- **At City Hall in Council Chambers (1st Floor) and via zoom.**



# GladSong Community Choir raise funds



GladSong choir performing at Ukrainian refugee fundraiser at Grace Lutheran Church, May 22.

PHOTO BY HANK LUBEAN

BY DAN WHEAT

The community inspirational choir GladSong has helped seven charities raise almost \$39,000 with 10 concerts since May and wraps its second season with one more benefit performance on December 4. That public concert is 6:30 p.m. at Wenatchee's First Assembly of God Church. Free donations will all go to Serve Wenatchee

for its Baskets of Blessing program providing food for Fresh Hope Market serving people in need.

"I went to a GladSong concert, the one for the chaplains at Grace City, and I found it to be really upbeat and fun. I really liked that they sang such variety pop, country, jazz, and gospel. You can tell the singers enjoy it. It comes across," said Connie Hughes,

a Serve Wenatchee board member.

Fresh Hope Market, 12 N. Orondo Ave., has fresh deli items, frozen meats, canned and boxed food that qualifying people choose from, she said.

"This is the kind of program we love supporting," said Tim Meyer, GladSong, director. "The results of this season have exceeded our expectations and the cool

thing is we get to sing to do it. All of the choir is enjoying themselves immensely, being able to sing in a quality group and at the same time being able to do some good in the community."

Meyer previously led church choirs and directed Wenatchee's Apollo Club, a community men's chorale, from 2005 to 2015. Meyer and his wife, Alice,

started GladSong in June of 2021 with a goal of "encouraging the singer, inspiring the listener and benefiting the community."

The choir began with 21 singers, several from Apollo Club, and now has 35.

"There are a lot fewer church choirs than there used to be and the Covid pandemic shut down everything for a while. Singers needed places to sing," Meyer said. Several other Wenatchee community choirs are in varying stages of post-pandemic renewal.

GladSong performed three times in 2021 but was not yet raising money for charities. It took a three-month winter break, resuming weekly rehearsals in March.

The second season opener was May 1 in Wenatchee's Memorial Park for the Washington State Apple Blossom Festival.

That was followed by a well-attended May 22 performance at Grace Lutheran Church that raised about \$23,000 for Ukrainian refugees locating in Wenatchee.

"It was so good to have success on our first fundraiser. It set a pretty high bar and was mostly due to the tremendous work by Friends of Ukraine Refugees," Meyer said.

Subsequent performances

raised up to \$3,800 apiece for:

- Wenatchee Rescue Mission, formerly Hospitality House, to create space for doctors to treat residents.

- Pacific Northwest Lutheran Women's Missionary League for missions' projects.

- North Central Washington and Chelan County Regional Jail chaplain ministries to help pay for out-of-town training for chaplains.

- The Wenatchee Area Genealogical Society to improve North Central Washington family history and historical collections.

- A group of people from Leavenworth churches, known as Backpackers of Icicle Creek, providing weekend food for school children in need.

- Wenatchee's Garden Terrace Senior Living Facility to help with elevator expenses.

Beside raising funds for charitable organizations, GladSong seeks to inspire the listeners with familiar pop tunes and positive gospel messages of hope from a repertoire of 22 memorized songs.

After December 4, GladSong takes a break and resumes rehearsals in March. It has a tentative booking for an April concert and welcomes other prospects at GladSong.org.

## "How much vitamin E should I be taking?"

Sally, a 75-year-old, asked me this question last week.

Good question. Vitamin E is a fat-soluble vitamin that works as a powerful antioxidant. Antioxidants can protect cells from dangerous compounds called free radicals. We produce free radicals in our bodies during specific cell processes. Free radicals can directly damage your cells in ways that lead to cancer, heart disease, and stroke, the 3 leading causes of death in America.

As an antioxidant, shouldn't taking vitamin E help us stay healthier? Research has been exploring how to reduce free radicals in our bodies and maximize the effects of antioxidant compounds to counteract their damaging effect.

Unfortunately, carefully designed clinical studies have shown that extra vitamin E doesn't consistently improve health. Taking a supplement of 400 IU or more of vitamin E daily can actually INCREASE your risk of death, either by

having a stroke caused by bleeding into the brain or developing prostate cancer.

How much vitamin E is enough? The National Institutes for Health (NIH) recommends 22.5 International Units (IU) of vitamin E daily for adults. Most Americans get only about half the recommended daily amount of vitamin E from their diet, but deficiency is rare.

Vitamin E is a fat-soluble vitamin and having some fat in your diet helps your body absorb it. Eating a very low-fat diet or having a disease that interferes with digestion or absorption of fat, such as Crohn's disease or cystic fibrosis, increases your risk of having low vitamin E.

Vitamin E deficiency may cause nerve and muscle damage with numbness in your arms and legs, muscle weakness, vision problems, and reduced effectiveness of your immune system.

There are 8 compounds recognized as being vitamin E: four forms each (alpha,

beta, gamma, and delta) of tocopherol and tocotrienol. Alpha-tocopherol exists in higher concentrations in the body than its cousin gamma-tocopherol and, until recently, was assumed responsible for vitamin E's antioxidant effects.

Many vitamin E supplements contain alpha-tocopherol, while gamma-tocopherol is found in foods rich in vitamin E, such as nuts, seeds, oils, and green leafy vegetables like spinach and broccoli.

Most multivitamins include 30 IU of alpha-tocopherol, considered to be 100% of the daily requirement for adults by the NIH. At the same time, individual vitamin E supplements often contain 400 IU, over 10 times that amount.

Recent research has uncovered evidence that taking excess alpha-tocopherol can decrease the level of gamma-tocopherol in your body. This may interfere with the antioxidant effects of vitamin E.

This may partly explain why taking alpha-tocopherol supplements produced harmful instead of favorable results in several well-designed studies.

More research is showing that vitamin E does not act alone. Other nutrients like vitamin C, zinc, beta-carotene, and selenium can interact with vitamin E, enhancing or interfering with its antioxidant activity. Future research is needed to clarify how these compounds work together.

Alpha-tocopherol is available in its natural form (d-alpha-tocopherol) and synthetic form (dl-alpha-tocopherol). Natural vitamin E (d-alpha-tocopherol) is 1.5 times as potent as its synthetic form (dl-alpha-tocopherol).

Vitamin E supplements with gamma-tocopherol are now available. However, it's unclear whether they can prevent cancer, stroke, or heart disease.

Vitamin E supplements CAN help in certain situations,

such as age-related macular degeneration (AMD), a common cause of blindness in the elderly. The Age-Related Eye Disease Study (AREDS) looked at the effect of a daily supplement consisting of zinc and copper combined with vitamins A, C, and 400 IU of vitamin E on the progression of AMD over 5 years. The most severely affected study participants showed a 25% decrease in the advancement of macular degeneration. Those with mild or no AMD did not see any benefit from supplementation.

### Here Are 4 Final Facts About Vitamin E:

**1. Take an AREDS vitamin supplement if you have age-related macular degeneration.**

The AREDS formulation is available as PreserVision® AREDS and as OcuVite®. Ask your eye care professional which would be best for you.

**2. AVOID taking supplemental vitamin E if you are taking a blood thinner.**

Vitamin E supplementation of 400 IU or more can cause



bleeding problems, especially in people taking blood thinners like warfarin (Coumadin®), Eliquis®, Pradaxa®, Xarelto®, aspirin, and clopidogrel (Plavix®).

### 3. Eat foods rich in vitamin E.

The best way to get the antioxidant benefits of vitamin E is to eat plenty of nuts (especially almonds), seeds, and green leafy vegetables such as spinach and broccoli.

### 4. Avoid fat-free diets

Your diet needs fat to help you absorb the fat-soluble vitamins A, E, D, and K.

*Dr. Louise Achey, Doctor of Pharmacy, is a 43-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Get clear answers to your medication questions at her website and blog, TheMedicationInsider.com. ©2022 Louise Achey*

## Obituary & Memorial Policies

NCW Media, Inc.: Leavenworth Echo, Cashmere Valley Record, Lake Chelan Mirror, Quad City Herald. An Obituary is a way for family member(s) to commemorate a loved one's life and to notify the community of the passing of the loved one. Obituaries are also used for historical and ancestral data. Memorials are another way to let the community know about the life and memories of the person who has passed. A Memorial is different from an Obituary. An Obituary is usually current, while a Memorial can be written later. Obituaries and Memorials need to be typed and emailed as a Word Document. They can be placed in one or more papers - all publish weekly on Wednesday. Obituaries are priced by the number of words and include one color photo and go online at no extra charge. Memorials are priced per column inch. Please call for cost. \*Payment is due at the time of placement. \*Exception: Chapels, funeral homes who have an account, can be billed. There is no charge for a Death Notice - information is limited. Deadline is 4 p.m. on Friday - some exceptions may apply. Please call 509-548-5286 for more information Or email classifieds@leavenworthecho.com

## UPPER VALLEY CHURCH GUIDE New to our area? On vacation? These churches welcome you!

TO PLACE INFORMATION IN THE CHURCH GUIDE CALL 509-548-5286

### CASHMERE

**CASHMERE BAPTIST CHURCH**  
103 Aplets Way • 509-782-2869  
Sunday School, all ages, 9 a.m. Worship 10 a.m.  
Bible Study, Wed., 6:30 p.m.  
Pastor Bob Bauer



**CASHMERE PRESBYTERIAN CHURCH**  
303 Maple Street • 509-782-2431  
Sunday Morning Worship 10:30 a.m.  
Call for activities: Pastor Charles Clarke  
www.cashmerepres.org



**CASHMERE UNITED METHODIST CHURCH**  
213 S. Division • 509-782-3811  
In-person Service, Sunday, 11 a.m.  
until further notice.  
Pastor Lilia Felicitas-Malana



**CHRIST CENTER**  
Sunday Worship Service at 10 am  
5800 Kimber Rd., Cashmere  
509-782-2825  
christcentercashmere.com



**GRACE LUTHERAN CHURCH**  
• 509-860-0736 401 Elberta Ave.,  
Morning Prayer or Holy Eucharist.  
Services, 10 a.m.  
Pastor Rob Gohl



**ST. JAMES EPISCOPAL CHURCH**  
• 509-860-0736 222 Cottage Ave.,  
Morning Prayer or Holy Eucharist.  
Services, 9:00 a.m.  
Pastor Rob Gohl

### DRYDEN

**DRYDEN COMMUNITY CHURCH**  
Hwy 2 at Dryden Ave. • 509-782-2935  
Sunday School 9:30 a.m.  
• Worship 10:45 a.m.  
Pastor Steve Bergland

**MID-VALLEY BAPTIST CHURCH**  
8345 Stine Hill Rd. • 509-782-2616  
Worship Service, 10 a.m.,  
Sunday School, 9 a.m.  
Pastor Mike Moore  
www.midvalleybaptist.org

### LEAVENWORTH

**CASCADE MOUNTAIN BIBLE CHURCH**  
Office: 509-548-4331  
11025 Chumstick Hwy.  
Please join us Sunday mornings  
9 a.m., Sunday School  
10:30 a.m., Worship Service

**CORNERSTONE BIBLE CHURCH**  
Leavenworth Grange Hall  
621 Front St. • 251-635-3435  
Sunday Worship 10 a.m.



**LEAVENWORTH COMMUNITY UNITED METHODIST CHURCH**  
418 Evans Street • 509-548-5619  
10 a.m. Sunday Service, Pastor  
Jo Dene Romeijn-Stout  
leavenworthumc.org  
leavenworthumc@outlook.com

**CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS**  
10170 Titus Rd. (across from middle school)  
Church: 509-548-7667  
Meetings: Sunday - 10 a.m.

**FAITH LUTHERAN CHURCH - ELCA**  
"Reconciling Works Congregation"  
224 Benton Street • 509-548-7010  
Worship 9:30 a.m. w/coffee following  
https://www.flcleavenworth.com

**FIRST BAPTIST CHURCH OF LEAVENWORTH, SBC**  
429 Evans Street, 509-470-7745  
Sunday Worship: 11 a.m.  
Website: www.leavenworthbaptist.com  
Email: info@leavenworthbaptist.com

**LEAVENWORTH CHURCH OF THE NAZARENE**  
111 Ski Hill Drive • 509-548-5292  
Sunday Worship 9 a.m.  
Lead Pastor: Greg Appleby  
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www.LCN.org

**SEVENTH DAY ADVENTIST CHURCH**  
10600 Ski Hill Drive • 509-548-4345  
Saturday Services • Bible Study 9:30 a.m.  
Worship 11 a.m. • Fred Smith • 509-860-3997  
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Wednesday Bible Study 6:30 p.m.  
Pastor Russell Esparza



### MONITOR

**MONITOR UNITED METHODIST CHURCH**  
3799 Fairview Canyon • 509-782-2601  
In-person service, Sunday, 9 a.m.  
Pastor Lilia Felicitas-Malana

### PESHASTIN

**LIGHT IN THE VALLEY COMMUNITY CHURCH**  
8455 Main Street  
Sunday Worship 10 a.m. • Pastor John Romine  
www.lightinthevalley.org



**NEW LIFE FOURSQUARE CHURCH**  
7591 Hwy. 97 • 509-548-4222  
Sunday Worship, 10 a.m.  
Pastors, Darryl and Mindy Wall  
Email: newlifeleavenworth@gmail.com  
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### PLAIN

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# Community

## (Dis)Respect for Marriage



### A WALK WITH PASTOR

John Smith

On November 16, The Senate passed historic legislation codifying same-sex marriage into federal law. Spooked by the fall of Roe, this bipartisan effort enshrines and protects homosexual marriage from the “baddies” of the Conservatives in SCOTUS and makes same-sex marriages an albeit permanent fixture in America.

However, does the State have the authority to define what marriage is? Absolutely not. And the reason is that the State doesn't own marriage; God does. Marriage between one man and one woman is the foundation that society is built on. Created and ordained by God as recorded in the Genesis account (Gen. 2), this institution was defined, blessed, and predates the institution of both Church and State. Therefore, marriage is incredibly precious to God, and it is the height of arrogance for a creature to redefine and legitimize what God does not.

What happened on November 16, indeed was historic. Although not “historic” in the positive sense, rather never before in history has a nation attempted

to usurp God's creational decree by redefining it and making it into law. To put it in perspective, not even at the height of Rome's decadence and hedonism under Nero was this accomplished. But leave it to America to the unprecedented.

Oh, how the mighty have fallen.

As I read through the Respect for Marriage Act, I am surprised that there is no clamor or protests from polyamorous couples whom this act doesn't benefit or protect. Furthermore, lump every other “variation” of relationships, and you see that this bill is very narrow in scope. This act only protects same-sex couples, but threesomes, foursomes, and people who want to marry their pet or a piece of furniture are simply out of luck. Therein lies the problem, by what standard does Congress say that same-sex marriage is legitimate and protected under federal law while others are not? If truth be told, Congress is just making arbitrary decisions based on rejecting the only standard that matters—the Law of God. When you deny what God clearly reveals in creation, everything is up for grabs, and it wouldn't surprise me that the Respect for Marriage Act will be amended to be more “inclusive.”

Some wonder why I have my hackles raised. After all, it is written within the bill a religious exemption, so I have nothing to worry about.

Secondly, why should it be an issue for same-sex unions to be officially recognized as marriages by the federal government? Don't you want people to be happy?

In answering the latter questions, having people happy isn't the basis for governing a nation, nor does it determine truth. In this world, there are a lot of “unhappy truths,” which doesn't make them any less true. Moreover, our feelings cannot deny creation, nor can they redefine it. As creatures, we do not have that right or authority. Again, that authority belongs to God alone.

As for the religious exemptions, which Senator Mitt Romney, a Republican and a Mormon, used as a justification for his support of the bill, they are simply inconsequential. Think about it, when the State enshrines homosexual marriage, and the culture touts that as a virtuous institution, what do you think will happen to a church or Christian college that says the opposite? Of course, we have seen it on a smaller scale with Christian florists and bakers. Still, these religious exemptions will only zero in on those who oppose same-sex marriage and invariably make the Church even more persecuted by the State and culture because only “intolerant bigots” don't want homosexual couples to marry. In other words, the term “religious liberty” in this bill is vacuous and misleading.

Since the Respect for Marriage Act will be the law of

the land, we need to consider the cost of what it means to stand opposed to it. As a church, college, or individual Christian, are you willing to defend what God has ordained even though you may be labeled hateful and bigoted and fall under the scrutiny of American society? It will happen because it has happened already, and as Christians we need to practice, even more, the prophetic ministry of “Thus saith the Lord!” when it comes to marriage.

The Respect for Marriage Act does not respect marriage as defined by God. Instead, it makes blaspheming that institution federal law. The only remedy is repentance and honoring the Lord. Otherwise, any nation that rejects God's design for marriage, dooms itself into oblivion (Psalm 2).

Pastor John Smith of Evergreen Baptist Church in Cashmere can be reached at [pastorjohnsmithebc@gmail.com](mailto:pastorjohnsmithebc@gmail.com).

## Sports Schedule

GIRLS BASKETBALL	
Nov. 29:	Cascade vs. Sultan at Home 5:45 p.m.
BOYS BASKETBALL	
Nov. 29:	Cascade vs. Sultan at Home 7:15 p.m.
GIRLS WRESTLING	
Dec. 1:	Cascade vs. CleElum-Roslyn, Kittitas, Ellensburg Away at 5 p.m.
BOYS WRESTLING	
Dec. 1:	Cascade vs. CleElum-Roslyn, Kittitas, Ellensburg Away at 5 p.m.

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## A big congrats to October's Motivated Mountain Lions! This month's focus was on humility!



**Miriam Arias Cadena**  
8<sup>th</sup> Grade

This Motivated Mountain Lion exudes the positive character trait of humility each day, in every class, in the hallways, in the library, in the Mountain Lion Café, and outside. She is consistently kind, friendly and respectful to all—each and every day. She puts forth 100% effort, puts others first and always has a smile on her face. It is with great joy and conviction that we recognize and celebrate Miriam Arias Cadena. Thank you, Miriam, for bringing such positive energy to our school. You are Amazing!



**Mauricio Ramos-Ojeda**  
8<sup>th</sup> Grade

Mauricio is a very helpful student to his classmates and teachers alike. Because he frequently assists others without seeking or expecting recognition, Mauricio is very much liked and respected by all. It has been a pleasure to work with Mauricio and observe his positive interactions with classmates.



**Trinity Mears**  
7<sup>th</sup> Grade

She has been doing a great job this year transitioning between classes and with her daily routine. Trinity has been working hard on her academics making progress in all domains. Keep up the great work Trinity!



**Kaylee Herrera**  
7<sup>th</sup> Grade

Kaylee Herrera Lopez is a Motivated Mountain Lion portraying humility. Kaylee gives the extra effort with her academics. She is not afraid to ask for help or re-do work. She owns her ability and continues to believe in herself. Kaylee has an open mind and the willingness to see herself accurately. We love having you in class Kaylee. Keep up the great work.

## Mountain Lions KICILE RIVER MIDDLE SCHOOL STUDENTS



Please support our local school students by becoming a monthly Mountain Lion Sponsor.



CALL OR EMAIL CAROL FOR MORE DETAILS AT THE ECHO. 509-548-5286 OR [CAROL@LEAVENWORTHECHO.COM](mailto:CAROL@LEAVENWORTHECHO.COM)

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# CLASSIFIEDS

**PUBLISHER'S NOTICE**

All real estate advertising in this newspaper is subject to the Fair Housing Act, which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. To complain of discrimination call HUD at 1-800-669-9777. The number for hearing impaired is 1-800-927-9275.

**CORRECTIONS:** NCW Media Inc. shall be responsible for corrections to advertisements on the first publication only. The advertiser will be responsible for corrections made thereafter. NCW Media Inc. shall not be responsible for slight changes or typographical errors that do not lessen the value of the advertisement. NCW Media Inc.'s liability for other errors or omissions in connection with an advertisement is strictly limited to the publication of the advertisement in any subsequent issue. No monetary refunds will be given. For more information call (509) 548-5286.

Print ads are limited to 30 words, over 30 words, or extra enhancements like bold words or border will be a minimal extra charge. Ads will be placed in the following Wednesday edition of the papers. It is easy just Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions.



**Administrative**

**Puzzle Solution**

7	8	4	6	9	3	2	1	5
9	3	1	5	4	2	6	7	8
5	2	6	8	7	1	3	4	9
6	5	3	4	2	9	1	8	7
8	9	7	3	1	5	4	2	6
1	4	2	7	8	6	5	9	3
4	1	5	9	6	8	7	3	2
2	6	9	1	3	7	8	5	4
3	7	8	2	5	4	9	6	1

STAR	TOKE	JOE	CURD	SASH	INNER
EPIC	ENID	NOTES	TINK	ERT	TWIN
ONION	ORC	SLANTS	GROOMED	TAG	RECTOR
NOGO	ANOMY	LAN	RETRY	FARO	BUDGIE
EEL	FIANCEE	CHATTY	ORE	NATAD	TAPE
LITE	BRITE	DADOS	ACTS	ONIT	ORALS
THAT	IDEA	HOMY	HER	TORS	

**Announcements**

**Lost & Found**

**LOST & FOUND ITEMS** can be placed in our Local Newspapers and Online at [NCWMARKET.COM](http://NCWMARKET.COM) for **ONE week for FREE.** Limit 30 words. A small fee will be charged for over 30 words and pictures or other extras.

**Leavenworth/Cashmere** 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) or **Lake Chelan Mirror** 509-682-2213 or **Quad City Herald** 509-689-2507 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com)

**Deadline Noon on Friday for the next week's papers**

**Happy Ads**

Do you have a **SPECIAL EVENT COMING UP? HAPPY BIRTHDAY CONGRATULATIONS! WILL YOU MARRY ME? HAPPY ANNIVERSARY**

Add unlimited text and pictures, video for your online ad at [www.NCWMarket.com](http://www.NCWMarket.com)

Register and pay on our secure site 24/7 Or call 509-682-2213 to place ad or have questions. **The Lake Chelan or Quad City Herald** or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) For **The Leavenworth Echo or Cashmere Valley Record** Call 509-548-5286 or email [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

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Wenatchee, WA 98801

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**Employment**

**Help Wanted**

School District is seeking qualified applicants for the following position:

- Cascade High School Head Volleyball Coach

Fast Track application process and information can be found on our website at [www.cascadesd.org](http://www.cascadesd.org) EOE



**Help Wanted**



School District is seeking qualified applicants for the following position:

- Cascade High School Head Girls Basketball Coach

Fast Track application process and information can be found on our website at [www.cascadesd.org](http://www.cascadesd.org) EOE

**Cascade Pipe And Feed Supply is hiring for a Stihl sales and service Technician/ Snow plow sales and service.** \$18-\$27 per hour. WDOE Health Insurance and paid vacation after 6 months of employment. Employee discount on all store items. Qualifications \*High School Diploma or equivalent \*Valid drivers license and clean driving record \*Phisically able to lift heavy objects \*Experience in small engine repair and maintenance. \*Stihl service qualifications a plus but not mandatory Requirements \*To obtain Stihl Technician certifications \*To obtain Snow Plow certifications Job Description \*Sales and service on all Stihl power equipment \*Sales and service on all Boss Snow plow equipment \*Managing a service schedule on customer equipment \*Creating quotes, orders, and purchasing parts. Email resume to [cascadepipeandsupply@gmail.com](mailto:cascadepipeandsupply@gmail.com)

**Looking for a great local employee?** It is easy to place your ad online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site. **Want Print Only** for The Lake Chelan Mirror Quad City Herald Brewster Call 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) OR Leavenworth Echo Cashmere Record 509-548-5286 or send email to [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com)

Deadline is Friday by Noon for the following Wednesday issues of all newspapers

**Windermere Real Estate/NCW**  
Leavenworth/Lake Wenatchee Specialists

**Looking for real estate in the Upper Valley?** Robyn Bodajla - 617-462-3402 Momi Palmieri - 509-433-2211 Geordie Romer - 509-679-8958 Allyson Romer - 509-630-9898

**Give us a call today!**

See all available properties at [windermereleavenworth.com](http://windermereleavenworth.com)

**Help Wanted**

**Bus Driver/ Operator Full-time Organization: Okanogan County Transit Authority (TranGO) TranGO IS HIRING DRIVERS;** Full-time (36 plus hours per week) positions available now; hourly non-exempt. Compensation is \$19.82-\$21.44 per hour, DOE. Benefits include health, dental, vision, life insurance, retirement, sick leave, and vacation. Must have a Commercial Driver's License with Passenger Endorsement. Please visit [www.okanogantransit.com](http://www.okanogantransit.com) for required qualifications, application, and job description. A complete application including a resume and cover letter must be submitted in order to be considered for a position. E-mail your completed application to [financehr@okanogantransit.com](mailto:financehr@okanogantransit.com), mail it to TranGO, PO Box 507, Okanogan WA 98840, or drop it off at 303 S. 2nd Avenue, Suite A, Okanogan. Application Deadline: Application review will continue until the positions are filled. Okanogan County Transit Authority is an Equal Opportunity Employer.

**Cashmere School District Technology Assistant Duties and Responsibilities:** The successful candidate will provide extra support to the technology department to complete technology projects. The successful candidate will work with a dedicated staff committed to meeting the needs of the district. Additional information and application process can be found at [www.cashmere.wednet.edu](http://www.cashmere.wednet.edu) under the employment link. The District complies with all state and federal rules and regulations and does not discriminate on the basis of race, color, national origin, gender or disability.

**Help Wanted**

**The City of Chelan** is seeking qualified applicants for the position of part-time receptionist/ clerical assistant to provide excellent customer service and staff support in the Finance department. For a complete job description and application packet please visit our website at [www.cityofchelan.us/employment/](http://www.cityofchelan.us/employment/). First review will be Monday, December 12, 2022.

**For Sale**  
**Antiques & Collectibles**

**Get cold hard CASH for your Antiques and Collectibles by placing them in our classifieds.** Place your ad with pictures online 24/7 at [www.NCWMarket.com](http://www.NCWMarket.com) Register and pay on our secure site. **Want Print Only?** Call **Lake Chelan Mirror Quad City Herald** 509-682-2213 or email [mirrorads@lakechelanmirror.com](mailto:mirrorads@lakechelanmirror.com) or call **The Leavenworth Echo Cashmere Valley Record** 509-548-5286 [classifieds@leavenworthecho.com](mailto:classifieds@leavenworthecho.com) **Deadline: Noon on Friday for all papers.**

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Fill your pockets with CASH \$\$ Let others know what items you are selling!

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Lake Chelan Mirror Quad City Herald Call: 509-682-2213

Leavenworth Cashmere Call: 509-548-5286

Your ad will appear online and in the newspapers for one low price!

**Vehicles**

**Trucks & Vans**

Leavenworth: **FOR SALE** White 2008 GMC TRUCK 1/2 ton, 4 x 4 , V-8 extended cab and a canopy. Very clean, 143,964 miles, lots of extras. \$17,000,OBO Call to make appt. to see Carol 509-670-1723. See photo on [NCWMARKET.COM](http://NCWMARKET.COM)

**Legals**

**Public Notices**

**SUMMARY OF CITY OF CASHMERE RESOLUTION 06-2022**  
On the 14 day of November, 2022 the City Council of the City of Cashmere, Washington passed Resolution 06-2022. A summary of the content consisting of the title provides as follows: A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, AMENDING RATES AND CHARGES FOR GENERAL LICENSES, PERMITS AND MISCELLANEOUS FEES FOR SERVICES, AND REPEALING CITY RESOLUTION 11-2019. A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4946

[www.leavenworthecho.com](http://www.leavenworthecho.com) • [www.cashmerevalleyrecord.com](http://www.cashmerevalleyrecord.com)

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- Up to 3 photos of your vehicle
- Video • Unlimited description
- Google Map to your location (you can opt out)
- Privacy Link (interested buyers contact you through the site protecting your identity)

**Public Notices**

**SUMMARY OF CITY OF CASHMERE RESOLUTION 05-2022**

On the 14 day of November, 2022 the City Council of the City of Cashmere, Washington passed Resolution 05-2022. A summary of the content consisting of the title provides as follows:

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CASHMERE, WASHINGTON, AMENDING RATES AND CHARGES FOR THE CASHMERE PARKS AND CEMETERY, AND REPEALING CITY RESOLUTION 03-2018

A copy of the full text of this resolution detailing the rates is available at Cashmere City Hall or will be mailed to you upon your request to City Clerk, City of Cashmere, 101 Woodring Street, Cashmere, WA 98815. Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4944

**Public Notices**

**NOTICE OF EQUALIZATION**  
NOTICE IS HEREBY GIVEN that the Assessment Rolls of the Icicle and Peshastin Irrigation Districts, in Chelan County, Washington, for the year of 2022, has been completed and delivered to the Boards of Directors, and that said assessment books are now and will remain in the office of the Secretary of said Districts for the inspection of all parties interested; AND THAT the Boards of Directors will meet as Boards of Equalization to equalize said assessments on Tuesday December 13, 2022 at 8:00 A.M., at the office of the secretary of said Districts, which is at 5594 Wescott Drive, Cashmere, Washington 98815, at which time and place all person objecting to said assessment as made, may be heard. In accordance with RCW 87.03.250 and RCW 87.03.255 Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, and 30, 2022. #4924.

**Public Notices**

**Upper Valley Park & Recreation Service Area**

On the 10th day of November 2022, the Board of the Upper Valley Park & Recreation Service Area passed the following budget resolutions. A summary of the contents of each provides as follows: Resolution 1-2022: A Resolution authorizing the regular property tax levy plus 1% increase and is authorized for the levy to be collected in 2023; Resolution 2-2022: A resolution adopting a budget for 2023, and providing other matters properly relating thereto. A copy of the full text of the resolutions are available at Leavenworth City Hall or will be mailed to you upon your request to Brandi Mynatt – Assistant Deputy – PRSA Clerk, City of Leavenworth, PO Box 287, Leavenworth, WA 98826. Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, 2022. #4935.

**Public Notices**

**CITY OF CASHMERE NOTICE OF PUBLIC HEARING**

NOTICE IS HEREBY GIVEN that the Cashmere City Council will hold a public hearing on Monday, December 12, 2022, 6:00 PM at the Cashmere City Hall to seek comments on the City of Cashmere's 2023 – 2028 Parks, Recreation and Open Space Plan (PROS Plan). Copies of the draft PROS Plan and supporting documents are available at Cashmere City Hall for public inspection or at the City of Cashmere's website: <https://www.cityofcashmere.org/services/planning-development/plans-programs-standards>

To join the meeting remotely go to: <https://zoom.us>  
Meeting ID: 882 719 9871  
Passcode: 788276

Audio Only:  
PH# 1-(253)-215-8782  
Written comments can be submitted prior to the meeting by letter to Cashmere City Hall, c/o Steve Croci, 101 Woodring St., Cashmere, WA or email: [steve@cityofcashmere.org](mailto:steve@cityofcashmere.org)  
Published in The Cashmere Valley Record/Leavenworth Echo on Nov. 23, 2022. #4937

**Public Notices**

**CITY OF LEAVENWORTH NOTICE OF PUBLIC HEARINGS**

NOTICE IS HEREBY GIVEN that the Leavenworth City Planning Commission will hold a public hearing for amendments to Comprehensive Plan Capital Improvement Plan on December 7, 2022 at 7:00 PM at City Hall, 700 US Hwy 2, Leavenworth OR via ZOOM – see the City Event Calendar: <https://cityofleavenworth.com/your-city-hall/calendar/> Or login to zoom: Meeting ID: 999 2949 1100  
Passcode: 225225 Or Call in: 1-253-215-8782

The CIP outlines the city's plan for achieving the goals, objectives and service delivery levels desired by the City Council. The purpose of this plan is to forecast and match projected revenues and major capital needs over a six-year timeframe. Interested citizens are encouraged to comment and/or attend the public hearing. Questions may be directed to Development Services within City Hall, phone 509-548-5275 or email [dsmanager@cityofleavenworth.com](mailto:dsmanager@cityofleavenworth.com)  
Published in The Leavenworth Echo/Cashmere Valley Record on Nov. 23, and 30, 2022. #4931

# Four unique holiday gifts the recipient will thank you for later

STATEPOINT - The holiday shopping season is here. What do you give a loved one to show them just how much you care? It's time to think outside the box. Here are four presents you can give to special young people in your life now that they may not appreciate in the moment but will thank you for later.

**1. Savings bonds.** This is the gift that keeps adding in value. Savings bonds can be purchased for as little as \$25 and their value grows over time with interest and as the bond matures. Considered one of the most reliable ways to grow wealth over time, you'll be guaranteeing recipients are able to help fund the important things they want later in life, such as that new car, their college education, first house, wedding or honeymoon.

**2. Life insurance.** This is probably the last thing on a young person's list of wishes but buying a life insurance policy now when they're young and healthy will ensure coverage later in life when they may not be insurable. Having a life insurance policy through Erie Insurance with a Guaranteed Insurability Option rider (GIO) can bring peace of mind that kids, or grandkids, are



PHOTO SOURCE: (c) MNStudio / iStock via Getty Images Plus  
**As you look for that perfect gift, don't overlook presents that have long-term benefits.**

covered should they develop a life threatening condition. A policy is an affordable way to protect loved ones and help them pay off debts, living expenses and even medical bills. To learn more about life insurance, contact your agent or visit [erieinsurance.com/life-insurance](http://erieinsurance.com/life-insurance).

**3. 529 plan.** Anyone who wants to save for a child's education can open or gift money to an existing 529 plan account. The best part is the contributions grow tax free and can be used for K-12 tuition, college expenses and even student loan repayments.

**4. T-shirt quilt.** For more of a sentimental gift, gather all your kids' old sports or other

event t-shirts and turn them into a quilt. They may not love it today as much as they would the hottest gadget, but they'll treasure the memories as time goes on.

"As you look for that perfect gift, don't overlook presents that have long-term benefits," said Louis Colaizzo, senior vice president and division officer of Erie Family Life, Erie Insurance. "Life insurance, along with savings bonds and 529 plans, can put your kids on the path to financial security."

Avoid the holiday crowds at the stores this year and channel your money into a gift your loved ones will truly appreciate for years to come.

# Six pains of holiday shipping - solved

STATEPOINT - Unlike Santa, most of us don't have elves to take care of properly packing up holiday packages. With shipping deadlines coming up quickly, it's time to start thinking about getting those presents in the mail. If you don't know where to begin with sending gifts across town or around the world, read on for the most common holiday headaches and solutions to help you "get your ship(ping) together" early.

**1. Packages arriving after the First Noel.** No one wants to be the person whose gifts arrive after the holidays. That's probably why over a third of respondents to a recent survey conducted by Shurtape Technologies said that the biggest aggravation when it comes to holiday shipping is packages arriving at their destination in a timely manner. Avoid this issue by taking note of shipping deadlines. This year's USPS shipping deadline for standard ground shipping for arrival by Christmas Day is December 17.

**2. Festive fragile items being damaged.** Leg lamps aren't the only "fra-gee-lay" items being delivered during the holidays. Duck brand Original Bubble Wrap Brand Cushioning is the key to items arriving in one piece. Air Lock Technology maintains consistent cushioning and long-lasting protection to keep objects intact. And of course, you'll want to mark the box as fragile.

**3. Costs so high, you think you're on the naughty list.** Between purchasing materials and paying postage



Submitted photo  
**With shipping deadlines coming up quickly, it's time to start thinking about getting those presents in the mail.**

fees, shipping costs can feel sky-high. Prepare to mail presents by factoring these expenses into your holiday budget. To start, create a list of how many gifts you'll need to send, the anticipated size of each and what materials you already have on hand. However, when using what you already have, you'll want to ensure that these items are the proper size for the gift being shipped so you don't overpay for box size or weight.

**4. Too much time away from the tree.** Mailing gifts to their destination isn't just pricey – it's downright time consuming. Spend less time transporting and more time merrymaking by planning ahead to avoid last-minute rushes to the post office – the closer to the holidays you mail, the longer those lines will be.

**5. Materials you can't find under the mistletoe.** 'Twas the night before Christmas, when all through the store, not a shipping supply was found, not even one box more.

Last-minute shoppers should get ahead of the game and purchase necessary tools as soon as possible to ensure they can secure their preferred products. Stock up on your shipping supplies early.

**6. Poor packing tape that would never make it out of the North Pole.** Don't let packing tape that rips and tears make you a Scrooge this holiday season. Duck brand EZ Start Packing Tape is made with Frustration-Free technology, so it always unrolls smoothly, easily and quietly. Its strong adhesion provides a long-lasting hold, and its unique design eliminates the annoyance of losing the tape end, so you can pack up your gifts and leave the stress behind.

For more holiday shipping tips and supplies, visit [duckbrand.com/products/ mailing-shipping](http://duckbrand.com/products/ mailing-shipping). Don't let shipping be a source of stress this holiday season. Use these tips to pack and mail your gifts like a North Pole pro.

**CITY OF LEAVENWORTH NOTICE TO CONSULTANTS FORMUNICIPAL WATER SOURCE REPLACEMENT FEASIBILITY STUDY**

The City of Leavenworth solicits interest from consulting firms with expertise in conducting municipal water source replacement feasibility studies. This agreement will be for approximately 12 months in duration with the option for the City of Leavenworth to extend it for additional time and money if necessary. Consultants will be considered for the following project:

The City of Leavenworth reserves the right to amend terms of this "Request for Qualifications" (RFQ) to circulate various addenda, or to withdraw the RFQ at any time, regardless of how much time and effort consultants have spent on their responses.

**Project Description**

The work to be performed by the Consultant consists of conducting a municipal water source replacement feasibility study associated with the City's Icicle Creek surface water plant. The major features of the project are as follows:

- Project Management
- Water right permitting strategy
- Well siting survey
- Drill up to three (3) test wells
- Outreach
- Feasibility Study Report
- Water Conservation and Drought Plan

The City's expected budget for this study and test well work is \$550,000. The City of Leavenworth reserves the right to retain the services of the successful firm(s) for any subsequent phases associated with this project.

**Evaluation Criteria**

Submittals will be evaluated and ranked based on the following criteria:

- Type of organization
- Size (i.e. local office and total firm size)
- Number of years as a firm

Name, qualifications, and experience of personnel assigned to the Project, including professional registrations and affiliations. When listing sub-consultants, describe the listed experience and the exact tasks that each entity will perform.

•Outline of recent projects completed that are similar to this Project.  
•Client references from recent similar projects, including name, address and telephone number of agency contact(s).

**Submittal**

Submittals should include the information specified in the Request for Qualifications document found on the City of Leavenworth's bidding webpage: <https://cityofleavenworth.com/documents/category/request-for-bids-or-proposals/>

Please submit an electronic file of your Statement of Qualifications to: Andrea Fischer, City Clerk, at [afischer@cityofleavenworth.com](mailto:afischer@cityofleavenworth.com) by 2:00 PM on Friday, December 9, 2022. Any questions regarding this project should be directed to Tom Wachholder, Public Works Director at (509)548-5275.

**Americans with Disabilities Act (ADA) Information**

The City of Leavenworth in accordance with Section 504 of the Rehabilitation Act (Section 504) and the Americans with Disabilities Act (ADA), commits to nondiscrimination on the basis of disability, in all of its programs and activities. This material can be made available in an alternate format by emailing Tom Wachholder, Public Works Director at [twachholder@cityofleavenworth.com](mailto:twachholder@cityofleavenworth.com) or by calling (509)548-5275.

**Title VI Statement**

The City of Leavenworth, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252,42 U.S.C. 2000d to 2000d-4) and the Regulations, hereby notifies all bidders that will affirmatively ensure that any contract entered into pursuant to this advertisement, disadvantaged business enterprises will be afforded full and fair opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color, or national origin in consideration for an award.

Dates of publication in the Leavenworth Echo/Cashmere Valley Record November 23, 2022 and November 30, 2022 and Seattle Daily Journal of Commerce November 23, 2022. #4843



**Advertise**  
548-5286  
782-3781

**CROSSWORD PUZZLE**

THEME: CLASSIC TOYS  
ACROSS

1. "\_\_\_ Wars" toys from Kenner in the '70s
5. \*Certain toy G.I.
8. Miss America's accessory
12. Pot inhale
13. Morsel of Little Miss Muffet's meal
14. Private
15. Larger-than-life
16. Children's author \_\_\_ Blyton
17. Post-Its
18. \*Sticks and spools toy set
20. One of the Olsens
21. Gibson garnish
22. Middle-earth creature
23. Bias
26. Neat in appearance
30. Chasing game
31. Chancellor, in Europe
34. Not happening
35. Anomie, alt. sp.
37. Local area network
38. Re-attempt
39. Wyatt Earp's card game
40. Common parakeet, colloquially speaking
42. Snakelike fish
43. Not yet a wife
45. \*Like certain toy Cathy
47. Mine deposit
48. Water nymph
50. Cassette contents
52. \*Illuminated picture maker
56. Waincoats
57. Play parts
58. The Fonz: "Sit \_\_\_!"
59. Face-to-face exams
60. Not this
61. Brainchild
62. Homey, alt. sp.
63. "Fight for You" singer
64. High rocky hills

DOWN

1. Editor's mark
2. African antelope
3. Related
4. Suppose
5. Political club, in the olden days
6. Celestial hunter
7. Whirlpool
8. \*Sno-Cone, actually (2 words)
9. Opposed to
10. "As \_\_\_ on TV"
11. Retail posting acronym
13. Blood-red
14. Beginning of essay
19. "Dear Diary" bit
22. Hockey legend
23. "The Office" people, e.g.
24. Veranda on Oahu
25. Ancient Greece marketplace
26. "The \_\_\_ Show" (1976-1980)
27. Sacred song
28. White heron
29. \*Raggedy Ann or Strawberry Shortcake, tenderly
32. \*Professor Plum and Colonel Mustard game
33. Little bit
36. \*Avenues and rail roads game
38. Betty Ford Center, e.g.
40. Spelling contest
41. Superlative of icy
44. Edible herb
46. Quick and skillful
48. Specialty
49. Rose oil
50. Tropical edible root
51. Dwayne Johnson's 2022 role Black
52. Wooden slat
53. \_\_\_-China
54. Part of a traditional wedding cake
55. Greek Hs
56. \*Play-\_\_\_

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# The Washington Outdoors Report

PHOTO COURTESY GLENN MAY.  
Glenn May fishing for winter bass



PHOTO COURTESY GLENN MAY.

## A winter bass fishing primer

By JOHN KRUSE

When it comes to catching bass between Thanksgiving and the end of February in the Pacific Northwest it would be fair to say, "The struggle is real". As a matter of fact, my chances of catching a bass at this time of year are about the same as winning the lottery. I have simply not had success (in either endeavor).

That's why I decided to reach out to Glenn May. He is the man behind BassResource.com, a website he launched in 1996 that is full of articles, how-to videos and an active forum. I have been a big fan of Glenn for several years, especially since he films quite a few of his instructional videos at the place I consider to be my home water, Potholes Reservoir.

BassResource.com attracts anglers from all over the nation but Glenn actually lives in Edmonds, Washington and has been bass fishing for 50 years. In addition to fishing for fun he has fished a number of tournaments in the Western United States and has even been a television guest on Lunkerville and the Hank Parker TV Show. Many with his wealth of knowledge and

experience would be close-mouthed but Glenn is very approachable and truly wants others to succeed when it comes to catching bass. Here's some questions I posted to Glenn along with some good advice.

**WHERE DO THE BASS GO IN WINTER?** Glenn says generally speaking the bass go deep, where water temperatures are warmer and more stable. The bass are also following the baitfish they prey upon that are doing the same thing to survive. Generally speaking, they are deeper than 15 feet and may be as deep as 55 feet, but under certain conditions they may come into the shallows.

A case in point would be a reservoir where water levels are drawn down during the winter months. If crawdads are in the reservoir, they will emerge from the mud to get back into the water. The bass know this and will be waiting in the shallows to feed on them when this occurs. Another time bass may come into shallower water is after several consecutive days of warm weather. That's when the baitfish will head to the shallows and the bass will follow them there.

**WHY ARE THEY SO HARD TO CATCH IN THE**

**WINTER?** Glenn explained the metabolism of bass really slows down during the winter months. Whereas bass might feed seven times a day in the spring and summer, they may only feed once every seven to ten days in the winter. According to Glenn, that goes a long way towards explaining why bites are few and far between, even when you locate bass during the cold weather months.

**SLOW DOWN:** The forage base bass feed off of, bait fish, sculpins and crawdads, also lower their metabolism and barely move. That's why you want to slow down your presentation when fishing. A prime example of this, slowly dragging your lure across the bottom, with long pauses in between each dragging movement.

**LURES AND TECHNIQUES THAT WORK:** Glenn has a number of lures he uses to catch bass in the winter. Try dragging a 1/4 to 1/2 ounce football head jig with a five-inch white grub on it along the bottom. In deep water colors don't show up well but the white contrasts better than a dark color, making it easier for the fish to see on the bottom.

As the water gets really cold the perch will ball up

into schools and the bass will sit below them, picking off the perch that are dying off and falling out of the bait ball towards the bottom. You can take advantage of this by dropping a 1/2 ounce hair jig through the baitfish ball to where the bass are.

Try a drop shot rig with a four-inch finesse worm. Fish it on the bottom with a very slow presentation, barely moving the bait at all. As for colors, try using a pink worm which works very well this time of year. The drop shot will also work on suspending bass you locate on our fish finder. Drop the finesse worm to where the bass are and just hold it there. The small finesse worm will move around enough on its own to elicit not only attention, but oftentimes, a bite.

If you follow all of this sage advice from Glenn May you should be able to grind out some bites and bass during the holiday season and well into the winter. If you want to find more information about catching bass through all four seasons of the year, go to [www.bassresource.com](http://www.bassresource.com).

John Kruse - [www.northwesternoutdoors.com](http://www.northwesternoutdoors.com) and [www.americaoutdoorsradio.com](http://www.americaoutdoorsradio.com)

Glenn May with a nice cold-water bass

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## National Park Service, U.S. Fish & Wildlife Service to evaluate options for restoring grizzly bears to the North Cascades

Meetings Dec. 1-2

SUBMITTED BY NATIONAL PARK SERVICE

**SEDRO WOOLLEY** -The National Park Service and U.S. Fish & Wildlife Service recently announced the initiation of a new Environmental Impact Statement (EIS) process to evaluate options for restoring and managing grizzly bears in the North Cascades of Washington, where the animals once thrived.

The EIS process will identify a range of alternatives for restoring the bears to the mountainous region to support the recovery and eventual delisting of grizzly bears under the Endangered Species Act in the contiguous United States. The agencies will also examine a 10(j) experimental population designation, which would give local land managers additional flexibility.

Grizzly bears roamed across the North Cascades for thousands of years as an essential part of the ecosystem, distributing native plant seeds and keeping other wildlife populations in balance. In the 20th century, humans nearly hunted them to extinction.

The last confirmed sighting of a grizzly bear in the U.S. portion of the North Cascades Ecosystem was in 1996.

"This is a first step toward bringing balance back to the ecosystem and restoring a piece of the Pacific Northwest's natural and cultural heritage," said Superintendent Don Striker of North Cascades National Park. "With the public's help we will evaluate a list of options to determine the best path forward."

The new EIS process will include assessing alternatives to include a 10(j) experimental population designation, which provides land managers with additional options for managing grizzly bears. If adopted, the 10(j) designation would add more certainty, safety, and control for the region.

"By designating bears in the area as a 10(j) experimental population, the agencies can have more flexible options available for management. This would give authorities, ranchers, and landowners more options for managing bears to reduce or avoid conflicts while focusing on recovery. The 10(j) experimental population

designation would benefit the people and property in local communities, as well as the grizzly bears," said Hugh Morrison, acting regional director for the U.S. Fish & Wildlife Service.

A previous EIS process for the restoration of grizzly bears in the ecosystem was terminated by the Department of Interior in 2020. This announcement marks the start of a completely new process to evaluate alternatives.

Public comments and participation in the process are important elements to

assess potential impacts and identify a preferred alternative. Virtual public meetings will be held at the following times: Thursday, December 1 at 12 p.m. Pacific Time, and Friday, December 2 at 7 p.m. Pacific Time

You may join the meeting on your computer or mobile device; additional details and information are available at the project website. The public is invited to submit comments and find additional information on the process at <https://parkplanning.nps.gov/NCEGrizzly>.

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